

ANNUAL NARRATIVE REPORT

APACHE COUNTY
ARIZONA.

DECEMBER 1, 1944

to

NOVEMBER 30, 1945.

By

Ruth H. Cook
Home Demonstration Agent

HOME DEMONSTRATION AGENTS' REPORTS

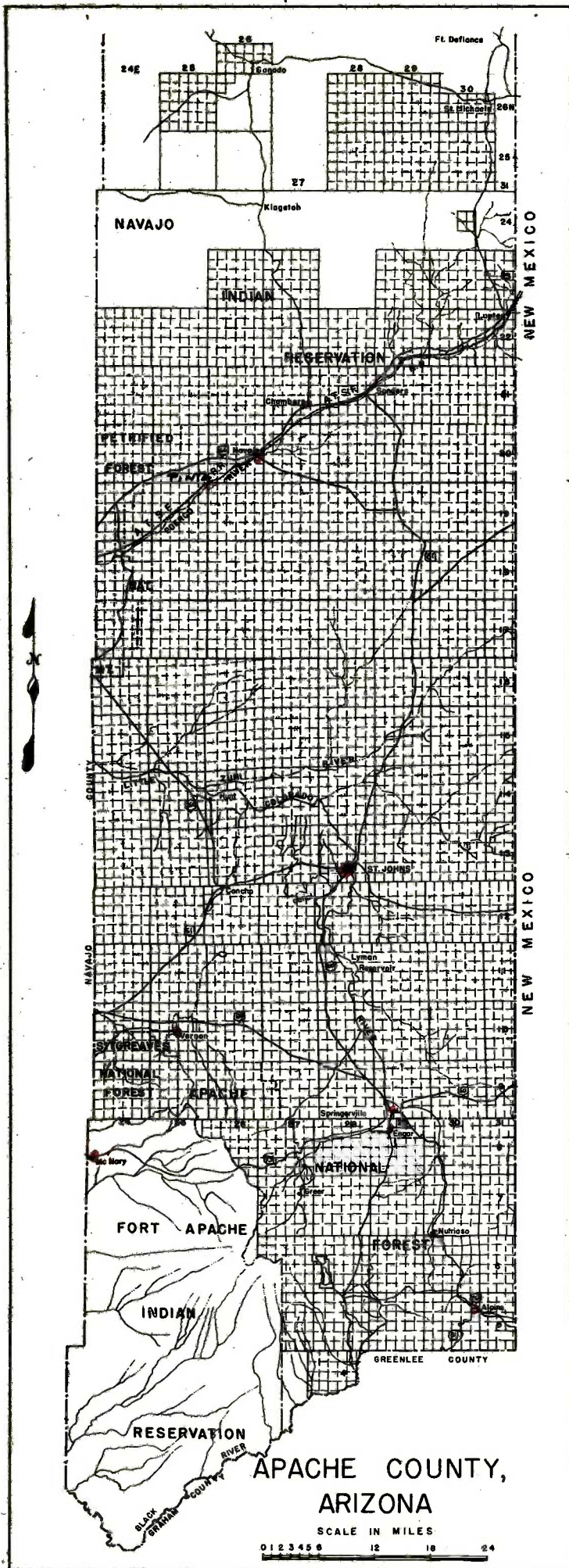
1945

TABLE OF CONTENTS.

	<u>Page</u>
Map of Apache County	1
Description of County	2
Summary -- General Activities	3
Special Activities	4
Extension Organization and Planning	5
Housing	7
Nutrition and Health	9
Home Management	14
Clothing and Textiles	14
Family Relationships	16
Recreation and Community Life	16
4-H Club Achievement	17
Cooperation with Other Agencies and War Activities	18
Publicity	19

APPENDIX

Food Preservation Questionnaire	1
Clothing Storage Questionnaire	2
Table of Comparisons--Plan of Work	3
Notice of Canning Equipment Clinics	4
Suggestions for 4-H Achievement Day Programs	5



Adult Groups

Mileage from
Holbrook:

St. Johns	61
Springerville	91
Eagar	93
Nutrioso*	109
Alpine*	119
Vernon**	58
Pinta	35
Navajo	41
Chambers	48
Sanders	54
McNary	65

*via St. Johns

**via Showlow

4-H Clubs

St. Johns
Springerville

DESCRIPTION OF COUNTY.

Apache County, in the extreme northeast of Arizona, stretches about 225 miles from north to south, and about 50 miles from east to west. It ranges in altitude from about 5,000 to 10,700 feet. Approximately 3/4 of the County is Indian Reservation territory for the Navajo and Apache tribes.

No communities in the County are incorporated. The largest town is McNary, center of the County's lumbering industry. Springerville and St. Johns, the county-seat, serve as shopping centers for most of the smaller scattered communities. Transcontinental Highway 66 and the Santa Fe Railway cross the County about 50 miles north of St. Johns.

Cattle and sheep are the chief agricultural products. Except in the communities along the railway, most families raise much of their home food supply.

Health facilities are extremely limited. No hospitals are open in the County, except those on the Indian Reservation and the Lumber Company's hospital in McNary. There is no County library, and recreation programs outside of the school set-up are practically lacking.

Ruth H. Cook
Home Demonstration Agent
Apache County, 1945

S U M M A R Y

GENERAL ACTIVITIES:

Days devoted to work with adults.....	93
Days devoted to work with 4-H Clubs.....	19
Days in office.....	74
Days in field.....	38
Home visits made.....	122
Different homes visited.....	63
Office calls.....	33
Telephone calls.....	11
News articles prepared.....	38
Bulletins distributed.....	785
Adult method demonstrations.....	23
Attendance.....	270
Result demonstrations started.....	1
4-H Achievement Days.....	1
Attendance.....	88
Other meetings of Extension nature(adult).....	2
Attendance.....	26
Meetings not attended by HDA....	3
Attendance.....	32
4-H meetings not attended by HDA.....	18
Attendance.....	324
Farm homes making changes as result of HDA.....	122
Farm homes reached for first time.....	12
Other homes making changes as result of HDA.....	30
Other homes reached for first time.....	15
Number of 4-H Girls' Clubs.....	2
4-H Girls enrolled.....	25
4-H Girls completing.....	18

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SPECIAL ACTIVITIES:

Number of Homemakers' Clubs.....	2
Membership.....	24
Other groups carrying HDA work.....	6
Membership.....	105
Families assisted with:	
Improving household storage.....	60
Controlling household pests.....	30
Food selection and preparation.....	35
Food preservation problems.....	110
Estimated amount of canning done by these.....	29184
Number of Pressure cookers tested.....	96
Number of families owning pressure cookers.....	85
Families assisted with:	
Home management problems.....	58
Clothing construction.....	21
Family relationships.....	25
Improving home recreation.....	22

The main emphasis throughout the entire Apache County program during 1945 was on contributions to the war effort and on helping families improve their quality of living under war conditions. Assistance with food preservation problems reached more families than any other part of the County program. Health and housing were goals behind the work on family food plans, cereal enrichment, household pests, and household storage.

The Agent attempted to act as steering committee for the County Nutrition committee. Under a new chairman this year, the committee has been largely inactive. There is need for reorganization in 1946.

The Agent cooperated with many agencies at every opportunity possible. Such activities have been limited by the small amount of time the Agent may spend in the County.

Fat salvage and fighting inflation have been a consistent part of the Agent's work.

Any attempts at leader training were largely unsuccessful. Three Apache County leaders attended Navajo County meetings. It is hoped that, with the wasing of transportation, County planning meetings may be undertaken. Progress in such work will undoubtedly be slow. Great distances make it difficult to get a group together that represents the total County. Girls' 4-H work was carried only in one community, St. Johns. Twenty-five girls enrolled, with 18 of them completing. Organization attempts were made in every other community, but leaders could not

be found. The manpower shortage has greatly restricted the program. A clothing club has started up in Springerville in the fall of 1945.

EXTENSION ORGANIZATION AND PLANNING:

The organization and planning of Extension work for Apache County is done at the Agent's office headquarters in Holbrook, Navajo County-seat. An average of approximately $3\frac{1}{2}$ days a month were spent in the field in Apache County, or a total of 38 for the year. Almost twice that much time was spent in the Holbrook office or at conferences on organization and planning for Apache County, or a total of 66 days for the year. Four conferences and the State 4-H Camp took the Agent from her two Counties four times for a total of 28 days.

Health and housing were the large goals behind the home demonstration work carried in the County. Part of the project work followed plans left by the previous Home Demonstration Agent, who resigned in August, 1944. The year's plan of work was developed after the Agent had a period of orientation to this area. The State planning conference in December and individual conferences with Specialists gave valuable direction. A two-day planning conference on work simplification was held in December in Mesa for the Home Demonstration Agents. This Agent worked on an outline on work simplification as applied to kitchen storage space or by means of "Kitchen Conferences." This work has been carried since in 5 communities, and plans are laid for 3 others--one in December and two early in 1946. The Agent hopes to carry "Kitchen Conferences" as a regular part of her future work in this area.

Annual Conference in Tucson in January introduced the Agent to the rest of the State Extension Staff. The information presented in the more than 30 speeches was broad, and provided a basis for better understanding of Extension in Arizona. The speech clinic was particularly helpful.

A Freezing School was held in Tucson in August for 6 of the Home Demonstration Agents. This Agent attended Specialist Hitch's demonstration on freezing equipment and the final summary session. Mrs. Mildred Jenson, Household Arts Professor at the University of Arizona, gave the Agent 3 days' assistance on slip cover and drapery construction. This is part of a long-time plan to prepare the Agent for further work on household furnishings next year.

A four-day Family Life conference was conducted by Mrs. Lydia Ann Lynde, of the Washington office. Practice in

"problem solving" was had as preparation for using this technique in the various subject matter fields. This conference was practical. Sometimes Extension teaching can be justly criticized for providing people with the "right answer" instead of helping them think out the best solution in their own situations. Mrs. Lynde's approach prepared us for work in methods of helping people "help themselves". A discussion meeting on "Family Problem Solving" will be held in Springerville in early December of this year. A day of reports and discussions preceded the Family Life Conference. These were led by the State Leader, the Clothing Specialist, the Nutritionist, and the acting 4-H Club Leader. Topics dealt with were: the new monthly report form, the clothing outlook, recommended dietary allowances, 4-H contests and camp plans. No County-wide planning meetings were held in Apache County. Lay leaders were consulted individually, and provided data which guided the planning of the nutrition, health and clothing storage projects. Samples of two Questionnaires used are on pages 1 and 2 of the Appendix

The year's plan of work is compared with actual accomplishments in the table on page 3 of the Appendix. Most of the plan was carried out. Fewer communities were reached with some projects than planned. Two organized Homemakers' Clubs in the Puerco District and in Springerville carry a regular monthly Extension program. Six Relief Society groups of the Mormon church have sponsored the rest of the program in the County, but have not held regular monthly meetings. Changes from the plan of work were the omissions of "When the Boys Come Home", and the addition of the Breadmaking work with the two homemakers' clubs. A demonstration on "Christmas Suggestions" was held in Springerville, and one will be held with the Puerco group. The press, bulletins and circular letters will serve other communities early in December.

Summer 4-H Clothing work was carried in 2 St. Johns clubs under 2 leaders, with 25 girls enrolled and 18 completing. The Agent contacted these leaders as often as possible, and channeled some of the Clothing Specialist's time to them. The quality of their club work was quite good. Organization was attempted in all other communities. In the Puerco district and in Vernon the youngsters were too scattered on ranches to get together for meetings. In other communities leaders could not be found.

The Agent worked hard to get club work going with the Spanish girls in the County. She held several conferences with the Catholic Priest in St. Johns and with several prominent Spanish women. A St. Johns Spanish Clothing leader was found, who volunteered to work with a group of about 15 girls. The Agent found future contacts with this leader very

difficult. No Achievement Day was held and the Agent has still to discover how much work was done. The Agent had two conferences with a prospective leader in the little Mexican village of Salado, but the return of the leader's overseas husband changed plans. The Agent feels the need of direction in the methods of successfully working with the Spanish population in her area. The Catholic Priest indicated that progress with these people was difficult, unless one had much time to give to supervision.

In Springerville, a former leader volunteered to start a Clothing club in the fall of 1945. A search for leaders will continue in other communities, and it is hoped leadership training will be given in clothing in March, 1946. Probably more work of the "Mother-Daughter" canning type will need to be offered, if widely-scattered youngsters are to benefit at all from 4-H work. Since few schools in this County carry home economics, it is particularly important that club work be made more available.

HOUSING.

Work Simplification by Improved Storage:

Apache County homemakers were helped in simplifying their work by means of "Kitchen Conferences" and clothing storage meetings. Women and children gave much time "outside their homes" in relieving the severe manpower shortage, on the farms and ranches. Work in the home had to be cut to a minimum. This is difficult, when families are large and housing often poor. Storage facilities are completely lacking in many homes. To lessen a heavy homemaker work load, the Agent focused on household storage, and thereby filled a great need in this County.

Kitchen Conferences.

"Kitchen Conferences" proved that work could be made simpler without money expenditures. Small groups in Springerville, the Puerco district, St. Johns, Nutrioso and Alpine studied the "homemaker on the job", and together worked out improvements. Three other such conferences are planned for Eagar, McNary and Vernon.

The Agent worked out project plans, made and had made illustrative materials such as: a sectioned drawer with sliding tray, a filing section, a door rack and small shelves. Part of these were used in clothing storage work and in construction meetings.

Kitchen conferences gave this new Agent much firsthand information about homes, work practices, standards and equipment in the County. The informal teaching helped her gain rapport quickly with the women. The Agent has found that most women need and desire files, narrow shelves and racks for doors.

Clothing Storage;

Clothing storage work also had work simplification as its theme. This followed up the kitchen conferences with the Puerco and Springerville groups. The Questionnaire on page 2 of the Appendix was used to collect data before completing demonstration plans. Miss Lorene Dryden, Clothing Specialist, gave the demonstration in Springerville. It was hoped that this would be a leader training meeting, but only local women attended. A Vernon leader got to Miss Dryden's Clothing Storage meeting in Snowflake. Since the community of Eggar is just one mile from Springerville, distance did not keep their leaders away. Possibly when more local participation can be had in planning, the County program, results may be expected to be better in leader training work. Individual help through home visits was given to a Vernon homemaker and two Nutrioso homemakers on clothing storage.

Clothing and Linen Storage Result Demonstration:

One result demonstration was set up in Chambers with Mrs. Ada McDonald in November. The Clothing Specialist and the Agent helped this homemaker lay the initial plans. Meetings will be held in this home in the spring of 1946. Mrs. McDonald plans to improve her children's clothes closet. Three youngsters share one long narrow cupboard at present equipped with only one high long rod. Linen storage drawers and cupboards will be replanned. This will only involve the addition of shelves and the subdivision of big heavy drawers or their replacement by shelf space.

"Home-made Conveniences" Construction Work:

As a follow up to the kitchen and clothing storage work, the two homemakers' clubs in the Puerco district and at Springerville have held all-day construction meetings. Conveniences made at these meetings include: a filing case, many sets of removable shelves, divided silver drawers, shoe racks, and a sewing cabinet. One homemaker who had intended to make a fly-trap ever since a "Household Pest" meeting, spent her time doing so at the meeting.

There was great variation among the homemakers in their skill with carpenter's tools. It is important that the "unskilled" be encouraged to start with a simple enough task that can be satisfactorily completed in a fairly short time.

The satisfaction shown at these meetings has been interesting. The Agent has felt more enthusiasm in this work than in any other project work carried. The woman who has learned to saw and hammer straight goes home with an "inner glory" and a new confidence in her abilities that is hard to equal. The Agent experienced this herself in preparing for such meetings, and is gaining much pleasure from "passing it on" to her women.

There has been considerable evidence of construction work in the various communities since the kitchen conferences. There was the Pinta woman who proudly displayed her narrow cupboard shelves and her door racks at the canning equipment clinic at her home; and the 4-H leader at St. Johns, who confidentially told the Agent that her husband discovered her making cupboard shelves, got interested and helped her make several conveniences. The President of the Springerville club never tires of "showing off" the filing case, the removable shelves, and the divided silver drawer made at the meeting there. Such evidences of satisfaction continue to meet the Agent on each trip to Apache County. Statistically, they may not be so impressive, but in the Agent's judgment they represent the meeting of one of Extension's major objectives--that democratically improving the quality of family living by helping the homemaker to help herself.

Household Furnishings:

Many individual problems of slip covering, furniture repair and refinishing have come to the Agent. If further data show enough need, such work will be carried in next year's program.

NUTRITION AND HEALTH:

Family Food Plans.

"Family Food Plans" was the topic of a demonstration given by the Agent to the Puerco group with the new Nutritionist, Miss Reva Lincoln, in attendance. The Federal bulletin "Family Food Plans", and the Arizona bulletin "Meal Planning Made Easier" by Jean M. Stewart, were used in the work period. Each homemaker calculated the quantities of food needed to feed their families nutritionally.

FOOD PRESERVATION AND STORAGE:

Canning Demonstration:

A canning demonstration was held before the pressure cooker testing with the Puerco club. The Agent showed proper

pressure cooker operation and assisted the homemaker in canning chard.

Canning Equipment Clinics:

At 8 clinics the latest information on food preservation methods and equipment was presented. The circular letter advertising these clinics appears on page 4 of the Appendix. Discussions were held at all clinics. At 4 the Cornell canning slides were shown. Exhibits were set up of canned and dried foods; homemade and commercially made equipment to make canning easier; literature; mounted charts. The lower pressures and times recommended for meat canning particularly interested the women. Discussion on drying foods was increased in the clinics where the Agent had people taste the dried beets.

A summary of the pressure cooker testing for Apache County for 1945 follows: 96 cookers were tested, belonging to 85 homemakers, from 11 communities. Eight clinics were held. Of the 96 cookers tested, 29 or 30% were correct or just $\frac{1}{2}$ pound out; 2 or 2% needed replacement; 63 or 66% read at least 1 pound low (positive correction); 3 or 3% read 1 pound too high (negative correction); and 1 or 1% had both a negative and a positive error of at least 1 pound. The new equipment used this year has simplified the testing. It is hoped in the future that local leaders can largely carry this service.

Many homemakers in this area have been ignoring altitude corrections. The new recommendations for 10 pounds pressure may result in spoilage, unless we can be sure the person operates the cooker correctly, and allows for altitude. In the pressure cooker testing, the majority of cookers were registering low; and if we add to that the many homemakers who do not add altitude or vent for 10 minutes, the chances for underprocessing are great. Under the 15 pound recommendations we had a five-pound margin of safety to cover possible gauge error, insufficient venting, and lack of altitude correction. The Agent had tried to present these warnings.

One hundred ten (110) homemakers were assisted this year with food preservation problems. An estimate of 29,184 quarts were canned by them; 45 pounds dried; 90 gallons brined; 700 pounds of meat cured and 2,575 of fruits and vegetables stored. A frozen food locker plant opened in Springerville October 1st, but records of foods frozen have been received from only one family.

Some homemakers did much less canning this year, due to an accumulated stock from previous years; some reduction resulted from scarcity of fruits due to freezing; other relaxed with the end of the war.

Several contacts have been made during the year with the Barth sisters, of St. Johns. The Agent and Nutritionist were shown their basement storage of canned and dried foods. Much was learned about Spanish-American food habits and methods of food preparation and preservation.

A number of requests for the Federal bulletins on meat canning came following a news item in the St. Johns paper.

St. Johns Community Cannery:

The Agent visited this cannery on the opening day for the season. She had opportunity to talk with this year's manager, last year's operator, and this year's first customer, who was canning beans. This cannery is used a great deal by both the Mormon and Spanish people of this town.

Springerville Frozen Food Lockers:

A number of contacts have been made with Mr. Bill Williams who opened a Frozen Food Locker plant October 1st. Information was collected and turned to the Nutritionist. Plans have been discussed for a meeting at which Mr. Williams would show and explain the equipment and the Agent would discuss planning for use of locker space and standard of food preparation for freezing. Springerville women who had planned to use the locker plant felt the charges were too high and changed their plans. A follow-up with the Nutritionist shows these charges compare favorably with other plants in the State. The Agent feels misinterpretation of charges and poor calculations may have caused this feeling on the women's part. She plans to work out with several of the women estimated costs, to give them a better basis for judgment.

FOOD SELECTION AND PREPARATION:

School Lunch Program.

Only 2 school lunch programs, at Sanders and Eagar, are operating in the County in a total of 24 schools. The Agent made several visits to these two schools, conferring with the cooks, teachers and principals. She discussed school lunch needs of the County with the County School Superintendent, Mrs. Cora Anderson, at St. Johns. She took the Nutritionist to visit with her both lunchrooms, and took the State Leader to the Sanders one.

At Sanders, the Puerco Homemakers' club, which sponsors the lunch program, were greatly concerned in the spring term

about the apparent lowering of the quality of food preparation and service, and the insufficient quantities of foods served. The State Leader and Agent checked the lunch served on the day of their visit, and turned in the following suggestions and recommendations: That additional fruit and vegetables be served to make the total 8 ounces; that enriched flour be used; and that the boy dishwashers wear aprons. The Principal showed interest in the suggestions that an educational program be undertaken through the grades. Specific recommendations given him were for: an essay contest on "Eating Vegetables"; art work on the same topic and on "Cleaning Up Your Plate"; and a general campaign against food waste.

A new cook was found for the fall term, and great satisfaction has been expressed over the improvements noted. The Club members each made 6 dish towels during the summer to have fresh stocks ready for the fall term.

The Eagar school lunch program has been operating for about five years. Through excellent cooperation between principal, church leaders and the community, and because of Government aid, it has been possible to charge the children 5 cents for a nutritious lunch. The lunch room is an old class room, very poorly equipped. A broken down small household stove has been used to prepare lunch for from 125 to 150 children. There are really no storage facilities except one small cupboard. Food supplies are stacked on the floor and on a few open shelves. The Agent is trying to speed up plans for better storage. She helped the cook work out some suggestions for cupboards, and will work out more specific drawings on an early December visit. She hopes to try to get the local P.-T.A. and Relief Society behind an "improvement campaign" for this lunch room.

The Agent has tried to encourage other communities to start up lunch programs. Definite plans were under way in Vernon, Alpine and Springerville. The Vernon Relief Society tried to get Government aid, but couldn't meet the requirements, and dropped the plans for this year. Alpine's P.-T.A. tried to get a program going, but didn't succeed. Springerville's P.-T.A. was behind such a program, but the Principal blocked it, as he claimed cooperation was impossible in that community between the Mormon and non-Mormon groups.

A conference and correspondence with Esther McKemy, State School Lunch Field Representative, clarified for the Agent administrative problems of such programs. The Agent believes more communities should be assisted in undertaking hot lunches, regardless of whether Government aid can be obtained. Her efforts have been in this direction.

Breadmaking Workshop:

An all-day Breadmaking Workshop was conducted with the Springerville club by Jeannette Hendricks, with the Agent participating. A great deal of enthusiasm was shown by the women and plans were laid to use such products at their Christmas church bazaar. One woman plans to make tiny bread Christmas trees for gifts for her Sunday School class. An interesting sidelight on this meeting was the rapid spread of this information to others in the town. One homemaker took a supply of recipe sheets and distributed many to her friends.

An attempt ~~was~~ made to have the Eagar school lunch cook attend the Springerville meeting was unsuccessful. She tried to get volunteers from the Relief Society group to look after the lunch that day, but couldn't.

This work was sponsored by the State Nutrition Council. A leader from the Puerco Homemakers' Club attended the Holbrook demonstration, but did not feel able to repeat this work with her club. The Agent tried to encourage her, and plans to have her assist in such preparation in a December meeting with this group.

County Health Picture Bad:

The lack of health facilities, the low standards of sewage disposal, and the poor care of the water and milk supply are some factors that cause health to be a major goal in the home demonstration program. Throughout the year, this Agent made observations and collected data that have convinced her that health should receive even more emphasis in the future. The fact that Apache County's infant mortality rate is between 5 and 6 times the national average rate, and three times that for the State, is indication enough of the need for action.

The Agent studied reports from Nebraska, New Mexico, and other areas where results in health planning have been dramatic. Extension in this area could well take the lead in initiating such County planning. Other agencies have not done so, with the exception of the dental program promotion by the Farm Security Administration. Plans have been laid for a mobile dental unit to serve this area. It is hoped to have this operating in 1946.

The Agent turned to Dr. W. R. Lee, from the State Veterinarian's office, a request from the Puerco club to test the dairy cattle in that district for T.B. They wanted to be sure the raw milk supply for their school was safe. This testing was done and no T.B. cows were found.

Control of Household Pests:

Demonstrations were held on this topic. Literature was sent to communities where no meetings were held. The County Agent was requested to furnish women from several groups with garden pest bulletins. Several requests for help with poultry diseases were filled.

A Chamber's homemaker made a fly-trap in a "Home-Made Conveniences" construction meeting, already reported in the section on housing. Individual requests were met for material on ant, cockroach and clothes moths control.

Flourine Testing:

Water samples have been collected from three communities for fluorine testing. The sample from Springerville showed a high enough fluorine content to be harmful to children's teeth. Fortunately, only 2 adults use this water. A request for a bacteriological test was turned in with the samples, as this water had an offensive odor. The homemaker was advised to send another sample to the bacteriological laboratories. It would be helpful if a cooperative arrangement could be worked out, whereby all water sent in for fluorine tests could be transferred to the other laboratories for a bacteria test.

It is hoped to use information collected on total salts for working out specific recommendations for water softening in these communities.

HOME MANAGEMENT:

Time Management.

Kitchen conferences and clothing storage work described in earlier sections was all directed toward work simplification, and therefore, toward helping homemakers reduce their expenditure of time and energy.

Food Buying Assistance.

An estimated 25 families were given assistance with food buying problems. Part of this help was in the form of providing price ceiling and ration point lists to leaders and homemakers and the continuous appeals made to watch ceiling prices. Other information of the Agent's activities along this line is given in the section on War Activities.

CLOTHING AND TEXTILES:

Plan of Work Changed.

Clothing storage work as described and supervised by the Clothing Specialist was carried out as planned, but some communities will not be reached until next year. Control of clothes moths was discussed at each of the Household Pests meetings.

No clothing construction project work was carried, but some individual requests for help were met. In the "Christmas Sugges-

tions" meeting with the Springerville Homemakers, pattern suggestions were given, and homemakers were loaned bulletins giving clothing gift ideas.

Dress Forms;

A request for "Dress Form" meetings was given the Agent by the Springerville group. As the previous Home Demonstration Agent had carried this work the year before, the Agent felt she could not justify the use of her time in repeating such demonstrations. It also seemed an excellent opportunity to get lay leaders working, and so a March meeting was scheduled with a local woman in charge. The Agent got the necessary materials for the women. Six dress forms were completed during March and April. Occasionally enthusiasm over making such forms is not followed up by any use of these forms. In this community the Agent has been delighted at the dresses made and remade on the forms. One of the proudest group members is the 70 year old homemaker shown in the picture below. The stand for the form was made by her son. He has had many requests from other women to mount their dress forms in the same way.



A Springerville homemaker is proud of the dress made on her home-made dress form.

FAMILY RELATIONSHIPS:

Specific requests were met whenever presented to the Agent.

The Agent has made a real effort in all the subject matter fields to teach "Family Relationships" or, in other words, she has tried to teach "people" and not "subject matter." This generalization applies also to her work in home management. She has tried to take account of differences in interests and desires of families, and of their varying resources, limitations and values. Mrs. Lynde's "problem-solving" approach has been a helpful technique.

Specific "Family Relationships" subject-matter was carried in one discussion and demonstration on "Christmas Suggestions." The importance of family play and recreation, and of building ideals and traditions, was discussed with great enthusiasm. Child training and teen age problems were brought up and led to plans for a December meeting on "Solving Family Problems." Another group will hold a "Christmas Suggestions" workshop in December.

Recreation and Community Life:

Home recreation occupied part of the meeting on "Christmas Suggestions" referred to above.

An effort was made to have a summer recreation meeting with all groups. This could not seem to be arranged with the Relief Societies, but was carried out with the two Homemakers' groups. The Springerville group had a picnic meeting at Elderberry Springs. Two homemakers had caught 21 fish that morning and fried them for this picnic. The group enjoyed "surprising" the Agent with this fine catch, and presenting her with a 16-inch trout, which she was taught to eat in the manner pictured below:



Springerville Homemakers "teach" the Agent "how we eat" fish in Apache County."

The Puerco group combined recreation with their canning equipment clinic by preceding it with a fried chicken dinner.

The Agent hopes to introduce group singing and a short "fun time" at as many meetings as possible in next year's program.

4-H ACHIEVEMENT.

One Achievement Day was held for the two Mormon clothing clubs at St. Johns. An unsuccessful effort was made to have the Spanish girls included in this program. The Agent sent the leaders in both her Counties suggestions for Achievement Days. She feels this circular letter, to be found on page 5 of the Appendix, and other help given in home visits gave these new leaders guidance in planning Achievement Day. A fine program was presented, with 88 in attendance. The girls opened the program with a grand march led by their two club leaders. They then sat in a semi-circle before the crowd. Three girls met the qualifications for County Dress Revue medals.

The St. Johns paper carried the following publicity story on this meeting:

4-H Club

MALEEN RICHEY, Reporter

ST. JOHNS 4-H CLUB ACHIEVEMENT, MISS JEAN M. STEWART TOLD TO MISS MALEEN RICHEY REPORTER

Seventeen girls received their Award for completing first or second year 4-H Club work on Wednesday, September 12.

Parents and friends gathered in the Auditorium in the High School to see the work done by the girls and to enjoy a program of songs, skit and talks.

All articles exhibited were placed in blue, red and white ribbon classes. First year girls exhibited fringed and hemmed scarfs or towels, aprons or dress. Second year exhibits included laundry bags, slips and dresses.

For dresses the awards were: blue ribbon class, Maleen Richey, Nelda Neal and Ruth Sherwood; Red ribbon class: Jean Davis, Ileen Wilkins; White ribbon class: Alice Jean Udall, Alice Richey, Doreen

Overson. Judges were Miss Ruth Cook, Apache County Home Demonstration Agent and Miss Jean M. Stewart, Leader Home Demonstration work.

Mr. D. W. Rogers, County Agent in an address to the group of parents and friends, said to give every boy and girl the opportunity to be a 4-H club member.

The credit for the success in the St. Johns club work goes to the Apache County leaders, Mrs. Annie Overson, leader of the Pin Club, first year; and Mrs. Moneta Lee, leader of the second year Penny Club.

First year pins were awarded to ten members of the Pin Club: Rowena Sherwood, Joan Aul, Yevonne Pulsipher, Mary Ellen Heap, Neysis Yevonne Naegle, Betty Overson, Alta Fae Crosby, Pauline Harris, Diane Lorraine Webb, Margaret Greer.

Seven second year club members of the Penny 4-H County Club received their first and second year pins: Maleen Richey, Alice Jean Udall, Nelda Neal, Doreen Overson, Alice Richey, Ileen Wilkins, Ruth Sherwood.

COOPERATION WITH OTHER AGENCIES AND WAR ACTIVITIES:

The Agent has cooperated with 14 different agencies and groups in Apache County. Much of this cooperative work has been in behalf of the war effort. It has also greatly strengthened the regular County Extension program. Groups and individuals cooperating include: County Nutrition Committee; Farm Security Administration; O. P. A.; Vocational Education (School Superintendent, principals, and State Staff); Production and Marketing Administration (School lunch Field Representative and cooks); Indian Service, State Health Department; American Red Cross; Arizona Cancer Society; Parent-Teacher Association; Mormon Bishop, Catholic Priest; Relief Society of the Mormon Church; newspaper publisher and editor; and storekeepers.

County Nutrition Committee.

In January the Agent visited the County Chairman and the community co-chairman. Plans were laid for a County meeting to be held in March. Due to family illness, the Chairman, Mrs. Atella Haws, of Eagar, resigned and a new chairman, Mrs. A.W. Gibbons, also of Eagar, was elected. The Agent accompanied Miss Norma Sayre, Executive Secretary of the State Nutrition Council, to this meeting. Fourteen representatives were present from the four communities of St. Johns, Eagar, Vernon and Greer. The Eagar school lunch program, described in the section on Nutrition, was presented at the meeting by three representatives. The Principal described how the program came into being and its administrative set-up. The cook related her duties, and explained the type of food service and menus given. A mother of two school children gave her opinion of the lunch program, and told of her method of paying for her children's lunches by selling potatoes to the school. The Eagar reports stimulated much discussion on the part of representatives from other communities. This meeting seems to have been the only real action of the committee during the year. The chairman from Vernon promoted a lunch program there which did not get started. The Agent got no response from the chairman in regard to the Committee's sponsoring of Jeannette Hendricks program. A follow-up with the former chairman revealed the new chairman didn't wish to act. Either this committee will cease to be in 1946, or a reorganization will have to be initiated.

Other War Activities:

Fat salvage, fighting inflation, spreading information on sugar rationing and war bond sale promotion were specific war activities. Project work emphasized food production and preservation, conservation of all household goods, and work simplification.

PUBLICITY:

In January, Mr. D. W. Rogers, Apache County Agent, indicated that he would be glad to change his weekly column in the St. Johns Herald-Observer from a "Farm and Garden Notes" column to a joint column with the Home Demonstration Agent, labelled "Farm and Home Notes." Though the column heading has not been changed, this Agent has furnished two or three items per week since. The paper has been generous in publishing this column nearly every week. A sample of this column follows:

Farm and Garden Notes

By D. W. ROGERS

Apache County Farm
Agent

AND BY RUTH COOK, HOME
DEMONSTRATION AGENT

APHIDS AND LEAF HOPPERS:—Black Leaf 40 will be very short this coming summer and if you are going to use any of this material it would be advisable to lay a supply in whenever it is available. When using this material for spraying use 1½ teaspoons Black Leaf 40, 1½ teaspoons of household ammonia to one gallon of water. Keep in mind that plant lice and leaf hoppers are sucking insects and when controlled by Black Leaf 40 the spray must come in contact with insects.

GRASSHOPPERS:—Poison bait for the control of grasshoppers will be available during 1945, in Apache County. The ingredients are furnished by the Federal Bureau of Grasshopper control for the destruction of grasshoppers and mixed under their direction. If the farmers desire the use of this material they must mix correctly and distribute the poison according to Federal instructions which are given when the poison bait is secured. However, where poison bait is desired the farmers must organize, mix and distribute as a group if they want to continue to receive the material furnished by the Federal Government. When your community is ready to organize contact this office and we shall be glad to meet with you in order to explain the situation in full.

HOME CANNING OF MEAT—For homemakers who raise their own poultry or meat a new how-to-do-it leaflet is just off the Government press—"Home Canning of Meat"—based on new research by food preservation specialists of the U. S. Department of Agriculture. The specialists have been working

toward processing meat at the lowest temperature, and for the shortest time that safety permits, so home-canned meat will hold as much food value and flavor as is possible. The only way to can meat safely at home is in a steam pressure canner. Step-to-step-pictures illustrating how to can meat and poultry, both by raw and hot pack, and in glass jars or tin cans, are featured in the 16-page leaflet. For example, the photographs show a quick and easy way to cut up a chicken without previous "drawing", and how to pack it into jars for processing. Young spring chickens do not can well, but the lazy, non-laying 2-year-old hens, due for culling in summer are just right to can for next winter's chicken pie. A free copy of this leaflet may be obtained from our office.

Several items turned in by the reporter of the St. Johns 4-H Club were printed under the heading "4-H Club News". Good publicity was given the Achievement Day. This appears on page 17 of this Report.

Ruth H. Cook
Home Demonstration Agent
Apache County, 1945

APPENDIX

NAVAJO AND APACHE COUNTY EXTENSION PROGRAM

FOOD PRESERVATION.

Date _____

Family's Name _____ Address _____

Directions: To be answered by individual homemakers and returned to the Community Leader. Put an X in proper space.

1. What methods did you use in canning last year?
For vegetables:

Open kettle _____ Hot water bath _____ Oven _____

Pressure cooker _____.

For fruits:

Open kettle _____ Hot water bath _____ Oven _____

Pressure cooker _____.

2. Did you dry any fruits? Yes _____ No _____.

Any vegetables? Yes _____ No _____.

3. Do you store potatoes in quantity? Yes _____ No _____.

Other vegetables or fruits? Yes _____ No _____.

4. How many quarts of food did you can last year? _____.

5. How much of this spoiled, if any? _____ Quarts.

Kinds of food spoiled? _____.

What do you think was the reason for spoilage? _____

6. Would you like any advice or information about food preservation this year? Yes _____ No _____. If yes, what kind?

NAVAJO AND APACHE COUNTY EXTENSION PROGRAM

CLOTHING STORAGE

Date _____

Family's Name _____ Address _____

Directions: To be answered by individual homemakers and returned to the Community Leader. Put an X in proper space.

1. Do you consider your present methods of clothing storage satisfactory? Yes _____ No _____
If no, why not? _____

2. Are shoes stored up off the floor? Yes _____ no _____
3. Do you store blankets and other woolens away each summer?
Yes _____ No _____.
4. Have you had any damage by moths in the last year? Yes _____
No _____. If yes, what? _____
5. Are you storing any service man's or woman's clothing?
Yes _____ No _____.
6. Do you have to lift or move some clothes to get at others?
Yes _____ No _____.
7. Have you low enough hooks for your small children to hang up their own clothes? Yes _____ No _____.

TABLE I.

COMPARISON OF YEAR'S PLAN OF WORK WITH ACCOMPLISHMENTS.

Plan	Accomplishments
I. HOUSE AND FURNISHINGS:	
1. 45 Homemakers changing work methods; 25 rearranging kitchens.	1. 53 improved methods 25 rearranged kitchens
2. Clothing storage: 75 homemakers assisted.	2. 25 assisted (only 2 m.d. held)
3. Household pests: 75 Homemakers with better sanitation & health; fewer pests.	3. 30 assisted.
II NUTRITION AND HEALTH:	
1. Producing food for family needs: 50 families helped.	1. 30 families helped, according to budget.
2. Food Preservation Clinics: 100 homemakers assisted; pressure cookers checked.	2. 110 families assisted. 96 cookers tested.
3. County Nutrition Committee: assist Chairman with March meeting.	3. Assisted with March meeting; visited school lunches and local chaimen; planned Jeannette Hendricks' meetings on bread-making; assisted 15 with bread making.
4. Household pests: See I (3) above.	4. See I (3) above.
III HOME MANAGEMENT:	
1. Kitchen Conferences: See I (1) above.	1. 53 saving time by improved methods.
2. O.P.A. Not planned.	2. 50 families assisted by information on price ceilings.
IV CLOTHING AND TEXTILES:	
1. Choosing children's clothing; 100 families assisted.	1. No project work carried; 25 families assisted through 4-H and individual help.
V FAMILY RELATIONSHIPS:	
1. "When the Boys Come Home" 75 families preparing for veterans' return and making definite plans.	1. Not carried.
2. Recreation programs plan for each community.	2. One picnic meeting; one "fried chicken dinner; no others attempted.
3. Christmas suggestions: 200 families sent help.	3. 1 meeting; 8 families helped; other help through bulletins, press, etc.

Ruth H. Cook
Home Demonstration Agent
Apache County, 1945

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
Holbrook
July 1945

University of Arizona
College of Agriculture
U.S. Department of Agriculture
Navajo and Apache Counties Cooperating

Agricultural Extension Service
County Agent Work
Home Demonstration Work

CANNING EQUIPMENT CLINICS

COLORED CANNING SLIDES will be shown in all communities with electricity.

PRESSURE COOKER GAUGES AND SAFETY VALVES TESTED. Just bring your cooker lid. Please have it clean before you come. Questions answered about equipment and canning. Illustrated bulletins given away. Each homemaker will assist the Home Demonstration Agent in checking her own cooker.

SCHEDULE FOR NAVAJO COUNTY

Friday	July 6	Holbrook	High School	10 A.M. & 2 P.M.
Monday	" 9	Shumway	Church House	10 A.M.
"	" 9	Taylor	" "	2 P.M.
Monday	" 16	Joseph City	" "	10 A.M.
"	" 16	Woodruff	Ann Turley's	2 P.M.
Tuesday	" 17	Pinetop	School House	10 A.M.
"	" 17	Lakeside	" "	2 P.M.
Wednesday	" 18	Showlow	Relief Soc. Room	10 A.M.
Thursday	" 19	Linden	Church House	10 A.M.
"	" 19	Clay Springs	School House	2 P.M.
Friday	" 20	Heber	Church House	10 A.M.
"	" 20	Snowflake	" "	2:30 P.M.

SCHEDULE FOR APACHE COUNTY

Wednesday	July 11	St. Johns	Church House	10 A.M. & 2 P.M.
Thursday	" 12	Springerville	Community Church	10 A.M.
"	" 12	Eagar	Church House	2 P.M.
Friday	" 13	Alpine	" "	10 A.M.
"	" 13	Nutriso	" "	2 P.M.
Saturday	" 14	Vernon	" "	10 A.M.
Tuesday	" 24	Sanders	Mrs. Geo Jensen's	12 Noon

Ruth H. Cook
Home Demonstration Agent

SUGGESTIONS FOR 4-H ACHIEVEMENT DAY PROGRAMS.

- 1 Meeting called to order by the 4-H Club President or Leader. Introduction of other club officers and leaders.
- 2 4-H Club song, led by members. Audience joins in singing.
- 3 4-H Club motto given, and pledge taken in unison by the Club.
- 4 Review of the year's work by the club secretary.
- 5 Planning for next year --possible projects and 4-H activities, by the Home Demonstration Agent.
- 6 Talk -- "What 4-H Club Work Has Meant to the Community" by a leading citizen.
- 7 Talk -- "How 4-H Clubs Have Helped in Our Family" - by a parent.
- 8 Talk -- "What 4-H Has Meant to Me" - by a club member.
- 9 Presentation of Awards by Miss Jean Stewart, State Leader, Home Demonstration Work.
- 10 Demonstration by a team of two members, for example: How to make buttonholes; how to set the table; how to use a pressure cooker.
- 11 Style show (in clothing clubs)
- 12 Short skit or play, poems, or games.
- 13 Recreation period.
- 14 Salute to the Flag.
- 15 In Meal Planning Clubs, members might serve refreshments prepared by the girls carrying the project.

(Any talks given should be brief) (The whole program should move along quickly, and in that way, hold the interest of the crowd).